



Who will know if you got Family Planning Services?

- The only way anyone will know that you got family planning services is if you tell them.
- If you have health insurance coverage other than DSHS Medical Assistance, your family planning charges will show on your medical bill for that insurance. (Healthy Options plans are not considered other insurance, as they are part of the DSHS Medical Assistance program.)

Questions or need more information?

Contact your:

- DSHS Community Services Office (CSO) family planning staff or family planning nurse
- Family planning provider
- Pharmacy

Need to find a Family Planning provider?

Call the
Family Planning Hotline
1-800-770-4334

or

TDD 1-800-848-5429

for confidential information and referral services

Have you had unprotected sex or contraceptive method failure?

Call the
Emergency Contraception Hotline
1-888-NOT-2-LATE
(1-888-668-2528)

to find a clinic or pharmacy to help you.



Washington State
Department of Social
& Health Services

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Contraceptive Methods Work



Let's Talk



What are Family Planning Services?

Family planning services help you avoid a pregnancy that would be:

- Mistimed
- Or unwanted at the time of conception.

Where can you get Family Planning Services and Birth Control Methods?

- Local family planning clinic, health department, or Planned Parenthood
- Doctor's office
- DSHS Community Services Office (CSO)
- Local pharmacy for prescription and over-the-counter contraceptive methods

Do you need permission to get Family Planning Services and Birth Control Methods?

- If you are a teen, you do not need parental permission to get family planning services.
- If you are married, you do not need your spouse's permission to get family planning services.



Who is eligible for Family Planning?

If you have a DSHS Medical ID card, you get family planning services. Such as:

- Annual gynecological exam
- Prescription birth control methods:
 - Birth control pills
 - Emergency contraception
 - Contraceptive patch
 - Contraceptive ring
 - Diaphragm or cervical cap
 - IUD
 - Depo shot
 - Medication related to a birth control method
- Over-the-counter (OTC) contraceptives without a prescription at a pharmacy:
 - Male and female condoms
 - Spermicides (contraceptive gel, cream, foam, and suppositories)
- Vaginal contraceptive film from a family planning clinic
- Sterilization for men or women (vasectomy or tubal ligation)
- STD screening when needed to use a birth control method

These choices are to make sure that you will get the family planning services that are right for you.



How long can you get Family Planning Services?

Men and women with a DSHS Medical ID card get family planning services as long as they have a monthly DSHS Medical ID card.

Women with a “Family Planning Only” Medical ID card get family planning services for 10 months after their pregnancy benefits end.

Additional medical benefits are not included in the “Family Planning Only” program.